



Peacock Press

Naval Postgraduate School

MAY/JUNE 2006

Mother's Day BRUNCH

Sunday, May 14, 2006
Barbara McNitt Ballroom
Seatings are at 1030 and 12 noon

SALADS

Watercress with Yellow Beets in a Dijon Dressing
Jicama and Fresh White Corn with Lime Dressing
Shredded Papaya with Citrus Vinaigrette
Fresh Fruit Salad
Young Spinach with Sesame Dressing

OMELET BAR

Chef made to order Gourmet Omelet Station, featuring
Mushrooms, Red and Green Peppers, Spinach, Sundried
Tomatoes, Asparagus, Ham, Cheddar Cheese and Salsa.

ENTREES

Old Fashioned French Toast with Strawberry Sauce
Eggs Benedict, English Muffins topped with Poached Eggs,
Canadian Bacon and smothered with Hollandaise Sauce
Fresh Bacon, Sausages and Scrambled Eggs
Grilled Mahi-Mahi with Pineapple Relish
Carved Roasted Leg of Lamb with Rosemary Jus
Cannelloni Rovina with Roasted Tomato Coulis
Mongolian Sweet and Sour Baby Back Pork Ribs
Chef Carved Slow Roasted Beef with Au Jus
and Horseradish, Mashed Potatoes and Sauteed
Fresh Vegetable Medley.

SHRIMP BAR

Fresh Peel and Eat Shrimp on ice with Cocktail Sauce.

DESSERT

A selection of Fine Pastries, Pies and Berries

BEVERAGES

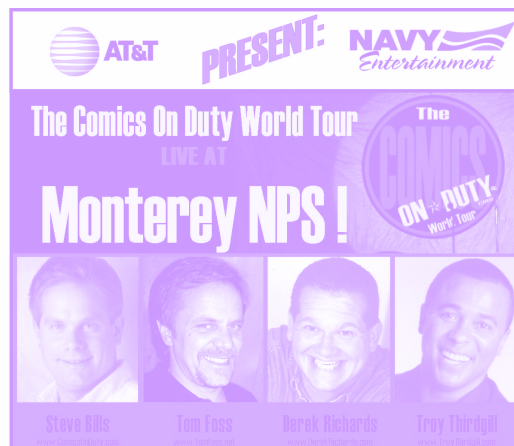
Coffee and Juice

Adult \$24.50 Kids 5-10 \$12.25
Kids 2-4 \$3.00 Under 2 - Free

Gratuity Included

No Host Bar. Cocktails and soft beverages available.

Reservations are required. Please call (831) 656-2170.



CATCH THIS ALL HEADLINER SHOW FREE

Barbara McNitt Ballroom, Herrmann Hall - NPS

Tuesday, 09 May 2006 - 7:00 p.m.

Pre-Show

Prime Rib Dinner Special
available in the Ballroom starting at 4:30 p.m.

Reservations are required for dinner.

No Host Bar

Cocktails and Soft Beverages available.

For more information, please contact (831) 656-7953 or 7955.
www.mwr.nps.navy.mil

(The Comic Show is Rated PG 13)

Naval Postgraduate School presents Memorial Day Concert on the Lawn

featuring the Monterey Bay Symphony
Monday, 29 May 2006. Gates open at 9:00 a.m.
Rehearsal begins at 10:00 a.m. Concert starts at 1:00 p.m.

Food and beverages will be available through MWR.

This year's added attractions include tours of Herrmann Hall, static and dynamic displays highlighting NPS research projects, an information fair, the Enduring Freedom Statue, and plenty of activities for the whole family - - young and old alike.

For more information, contact PAO at (831) 656-3164 or
pao@nps.edu.

Visit our website: www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

RDML Richard H. Wells USN
President

COL David Smarsh USAF
Chief of Staff

Pete Dausen
Director, Base Operations Support

Megan Ryan
Quality of Life Director

Darlene Raish
Leisure Services Manager

Dan Tracy
Golf Course/RV Campground
Manager (Acting)

Michele Johnson
Child Development Program Director
(Acting)

Steve Duran
Teen & Youth Program Director

Hugh Butler
Executive Chef

Renee Leiva
Catering Sales Manager

Cecilia S. Legario
Marketing Coordinator

The Peacock Press is a bi-monthly publication of the MWR Department, Naval Postgraduate School, Monterey. Information may be subject to change without notice.

All phone numbers are in
area code (831)



May Schedule of Classes

TRANSITION AND SPOUSE EMPLOYMENT

Resume Writing - May 2, 1-3 pm, FFSC, Bldg 3 Conference Room.

Interviewing Skills - May 9, 1-3 pm, FFSC, Bldg 3 Conference Room.

Federal Employment System - May 23, 1-3 pm, FFSC, Bldg 3, Conference Room.

TAP (Transition Assistance Program) Workshop (must register to attend - 656-7828). May 16, 17 & 18, 8 am-4 pm, NPS, Mechanical Engineering Auditorium.

CARIT (Career Information Team) Briefing - May 19, 1-3 pm, NPS, Mech Engineering Auditorium.

Electronic Job Banks - Mon-Fri, Computer time available, FFSC, Bldg 1, Career Resource Room.

Resume and Federal Application Review - No appointment is necessary and available at FFSC, Bldg 1.

FAMILY EMPLOYMENT ASSISTANCE READINESS PROGRAM - Monday-Friday, by appointment, FFSC, Bldg 1.

VOLUNTEER PROGRAM - Volunteer opportunities available at FFSC.

FINANCIAL

Home Buying - May 4, 1-3 pm FFSC, Bldg 3, Conference Room.

Uniform Services TSP Overview - May 1, 8, 15 & 22, 12 noon-1:30 pm, FFSC, Bldg 3, Conference Room.

Individual Financial Counseling - Mon-Fri, by appointment, FFSC, Bldg 1, (FFSC Counselor).

PARENTING, FAMILY AND COUNSELING

Chess Club - Building Confidence: Beginning Class, K thru 3rd grade every Wednesday from 1:15-2:15 pm, at La Mesa Activity Center.

Advanced Chess Club Class: 4th grade and above - every Wednesday from 2:25-3:25 pm, La Mesa Activity Center.

Toddler Group: Every Friday 10-11:15 am, La Mesa Activity Center.

Individuals, Couples & Family Counseling: Mon-Tues, Thurs, Fri: 8:30 am - 4:30 pm, FFSC (2nd floor); Wed: 10 am-4:30 pm, FFSC (2nd floor)

RELOCATION, INFORMATION & REFERRAL

Smooth Move: Every Thurs & Fri, 9-10 am, FFSC, Bldg 1.

For full description of FFSC workshops, visit us at
<http://www.nps.edu/ffsc/index.html> or call 656-3060.



Single Sailors

UPCOMING EVENTS



BARRACK'S BASH BARBECUE

Wednesdays, 3 May and 7 June 2006
1730 at the BEQ

Just bring your appetites and enjoy!

It's free to enlisted single sailors and geo bachelors. Come for the grub. Stay for the fun!

For more information, call 656-7953.



Outdoor Recreation

Presidio of Monterey
Bldg. 228, Lewis Hall, POM
Open M-F 10:30 am - 2 pm & 3-6 pm
Tel: (831) 242-6133/5506
Check out www.pom-odr.com

ADVENTURE SPORTS	DATE	COST
Surf Lessons	May 6, 2006	\$40.00
White Water Rafting	May 12-14, 2006	\$149.00
Kayak Tomales Bay	May 19-21, 2006	\$149.00
Lake San Antonio Water Ski	May 20, 2006	\$50.00
Knot Tying Class	May 25, 2006	\$20.00
Kings Canyon & Sequoia Camping	May 26-29, 2006	\$149.00
White Water Rafting 7 Climbing	May 26-29, 2006	\$199.00
Pismo Surf	June 2-4, 2006	\$149.00
Syke's Hot Springs	June 3-4, 2006	\$30.00
White Water Rafting	June 9-11, 2006	\$149.00
Lake San Antonio Water Ski	June 17, 2006	\$50.00
Tahoe Rock Climbing	June 16-18, 2006	\$149.00
Kayak and Snorkel	June 24, 2006	\$40.00
White Water Rafting	June 23-25, 2006	\$149.00
Tahoe Mtn Bike and Climbing	June 30-Jul 3, 06	\$149.00
Kings Canyon & Sequoia Camping	June 30-Jul 3, 06	\$149.00

Community Activities



CINCO DE MAYO CELEBRATION

Friday, 5 May 2006, 1600-1900
Trident Room

MARGARITA AND MEXICAN BEER SPECIALS

Sip Margaritas, and munch on chips and salsa to the sounds of DJ Derek Brown. It's TGIF Mexican Style!

Free Mexican Hors d' Oeuvres

For more information, call 656-7953.

64TH BATTLE OF MIDWAY DINING-OUT

Thursday, 8 June 2006
Barbara McNitt Ballroom
6:00 - 10:00 pm

Come join the Naval Order of the United States, the Navy League of the United States, and the NPS "OSSC" in the commemoration of the Battle of Midway, the turning point in the Pacific war. This will be a "Black-Tie" event with no host bar on the Quarterdeck followed by a formal "dining-out" ceremony. Admiral Richard Wells, our own President, will be the guest speaker (invited). Choice of Salmon or Tri Tip all for \$35.00 per person. Music will be provided by Del Monte Brass and the DLI Navy Choir. Tickets are on sale through MWR ITT Office. Mark your calendars now and come prepared for a most enjoyable evening.

For more information, contact Lieutenant Casey Mahon, cmmahon@nps.edu or Ken Johnson, kajonson@nps.edu



The Navy Lodge's objective is to provide every guest with affordable, clean, comfortable and well-appointed accommodations for military personnel and



their families. Navy Lodges serve all active duty military members and their families, retired military, members of the Armed Forces Reserves and Department of Defense personnel on official orders. You work hard to find the best accommodations at the best rate. We work just as hard to deliver them plus we add great service! The Navy Lodge is committed to providing our guests the best value anywhere. For reservations, call (831) 372-6133.



GENERAL STILLWELL COMMUNITY CENTER BINGO

Play Bingo at the General Stillwell Community Center, Bldg 4260 on the Ord Military Community every Tuesday and Thursday starting at 6:00 pm. The minimum buy-in is \$20.00 and the total jackpot payout is \$8,000.00 per session.

For more information call (831) 242-7801.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 X-MEN (PG 13) 1900 Monday 1, 8, 15, & 22 Dinner Special Trident Room 1600-2100 SEAFOOD CIOPPINO Adults: \$11.00 Kids 5-10: \$5.50	2 Try our popular Tuesday Night Dinner Special Trident Room 1600-2100 "Moist & Tender" PRIME RIB Adults \$13.00 Kids 5-10 \$6.95	3 CHRONICLES OF NARNIA (PG) 1900 FAMILY NIGHT Dinner Special Trident Room 1600-2100 FRESH MEAT LOAF Adults \$7.50 Kids 5-10 \$3.95	4 Every Thursday Dinner Special Trident Room 1600-2100 CANNELLONI ROVENNA Adults \$8.50 Kids 5-10 \$4.25	5 CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN" PROMOTIONS
8 THE WATERBOY (PG 13) 1900 Dinner Special SEAFOOD CIOPPINO	9 Dinner Special "Moist & Tender" PRIME RIB	10 CHICKEN LITTLE (G) 1900 Dinner Special FRESH MEAT LOAF	11 Trident Room 6 X 6 SPECIAL Monday-Friday Order one of our delicious hamburgers or cheeseburgers by 6:00 pm and pay only \$6.00. This burger ships with choice of fries or slaw, & one of our ten draft beers or a fountain beverage.	12 CAFÉ DEL MONTE HOURS MON-THURS 0630-1600 FRI 0630-1430 BREAKFAST 0630-0830 LUNCH 1045-1400
15 GONE IN 60 SECONDS (PG 13) 1900 Dinner Special SEAFOOD CIOPPINO	16 Dinner Special "Moist & Tender" PRIME RIB	17 GLORY ROAD (PG) 1900 Dinner Special FRESH MEAT LOAF	18 Dinner Special CANNELLONI ROVENNA	19 TRIDENT ROOM TGIF FREE APPETIZERS OFFERED EVERY FRIDAY AT 1600 DINNER SERVICE 1600-2100
22 MEMOIRS OF A GEISHA (PG 13) 1900 Dinner Special SEAFOOD CIOPPINO	23 TRIDENT ROOM APPETIZER SPECIAL Buy one appetizer at \$4.00 or greater get the 2nd appetizer for \$2.00 Bring a friend!	24 HOOD WINKED (PG) 1900 Dinner Special FRESH MEAT LOAF	25 Dinner Special CANNELLONI ROVENNA	26 MONTEREY PINES 19TH HOLE GRILL WEDNESDAY LUNCH SPECIAL CHICKEN GUMBO WITH RICE \$5.75 CALL 656-2167
29 Memorial Day 	30 Dinner Special "Moist & Tender" PRIME RIB	31 DREAMER (PG) 1900 Dinner Special FRESH MEAT LOAF	FRIDAY LUNCH SPECIAL El Prado Dining Room  South of the Border Treat every Friday for the month of May and June. We will feature our delicious Taco Bar to include fresh ground chicken seasoned with lime, sautéed in garlic and cilantro; fresh ground beef flavored with Taco seasoning served with Spanish Rice and Black Beans.	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Every Monday Dinner Special Trident Room 1600-2100</p> <p>SEAFOOD CIOPPINO Adults: \$11.00 Kids 5-10: \$5.50</p>	<p>Every Tuesday Dinner Special Trident Room 1600-2100</p> <p>"Moist & Tender" PRIME RIB \$13.00 Kids 5-10 \$6.95</p>	<p>Every Wednesday FAMILY NIGHT Dinner Special Trident Room 1600-2100</p> <p>FRESH MEAT LOAF Adults \$7.50 Kids 5-10 \$3.95</p>	<p>1</p> <p>Every Thursday Dinner Special Trident Room 1600-2100</p> <p>CANNELLONI ROVENNA Adults \$8.50 Kids 5-10 \$4.25</p>	<p>2</p> <p>MONTEREY BAY ATHLETIC CLUB OPEN MONDAY-FRIDAY 5:30 AM-9:00 PM SATURDAYS 8:00 AM-4:00 PM SUNDAYS 11:00 AM-4:00 PM CLOSED ALL FEDERAL HOLIDAYS</p>
<p>5</p> <p>MUNICH (R) 1900</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>6</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>7</p> <p>ARE WE THERE YET (PG) 1900</p> <p>Dinner Special FRESH MEAT LOAF</p>	<p>8</p> <p>TRIDENT ROOM APPETIZER SPECIAL</p> <p>Buy one appetizer at \$4.00 or greater get the 2nd appetizer for \$2.00</p> <p>Bring a friend!</p>	<p>9</p> <p>MONTEREY NAVY FLYING CLUB OFFERS EXCELLENT OPPORTUNITIES FOR AIRCRAFT RENTALS, RECREATIONAL FLYING AND PROFESSIONAL FLIGHT TRAINING. INFO, CALL 372-7033</p>
<p>12</p> <p>KING KONG (PG 13) 1900</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>13</p> <p>Trident Room 6 X 6 SPECIAL</p> <p>Order one of our deli- cious hamburgers or cheeseburgers by 6:00 pm and pay only \$6.00. This burger ships with choice of fries or slaw, & one of our ten draft beers or a fountain beverage.</p>	<p>14</p> <p>ARISTOCATS (G) 1900</p> <p>Dinner Special FRESH MEAT LOAF</p>	<p>15</p> <p>Dinner Special CANNELLONI ROVENNA</p>	<p>16</p> <p>BLUEWATER COVE MARINA UNDER THE MANAGEMENT OF MONTEREY SAILING OFFERS DISCOUNTED INSTRUCTION AND CHARTER RATES FOR NPSSA MEMBERS. CALL: 656-3818</p>
<p>19</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>20</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>21</p> <p>Dinner Special FRESH MEAT LOAF</p>	<p>22</p> <p>Dinner Special CANNELLONI ROVENNA</p>	<p>23</p> <p>THE TECH CONNECTION/TEEN & YOUTH CENTER OFFERS BOYS AND GIRLS CLUB OF AMERICA PROGRAMS. FOR MORE INFO, CALL 656-2127.</p>
<p>26</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>27</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>28</p> <p>MONTEREY PINES 19TH HOLE GRILL WEDNESDAY LUNCH SPECIAL CHICKEN GUMBO WITH RICE \$5.75 CALL 656-2167</p>	<p>29</p> <p>CAFÉ DEL MONTE PROUDLY BREWS STARBUCKS COFFEE</p> <p>SERVE DAILY SPECIALS</p> <p>GREAT PRICES!</p> <p>QUICK SERVICE!</p>	<p>30</p> <p>THE CHILD DEVELOPMENT CENTER IS OPEN TO ACTIVE DUTY MILITARY, RESERVISTS IN ACTIVE DUTY STATUS & DOD CIVILIANS. CALL 656-2734</p>



**Located in
HERRMANN HALL
near the
QUARTERDECK**

**Open
Monday-Friday
9:30 a.m. - 1:30 p.m.
2:30 - 4:30 p.m.**

**Closed Weekends
and
Federal Holidays**

MOTHER'S DAY & FATHER'S DAY GIFT IDEAS



Don't forget Mom or Dad on their special days. ITT has just the right gift... Let Hornblower Cruises pamper them with a Champagne Brunch or a romantic Dinner Dance Cruise. See ITT for reservations today! Sweeten the day with a gift certificate for a one pound box of See's Candies for only \$11.00. Weekend in Las Vegas at Arizona Charlie's Casino and Hotel for only \$53.50 per night.

Local Area Amusement Parks!



Summer tickets are here! Stop by ITT for Marine World, Bonfante Gardens, Great America, Santa Cruz Beach and Boardwalk, Raging Waters and more!

2006 ENTERTAINMENT BOOKS



Don't wait to get coupons to use at local restaurants, attractions, and more! The 2006 Entertainment Books sell for \$25.00. Get them while they're hot!

GIFT CHECK BOOK



Save money on our local dining, entertainment and retail establishments with the "Gift Check Book." This \$10.00 book is a must to have for the 2006 season!!! Hurry while supply lasts.

MAY

UPCOMING ITT TOURS

PRICE

6	Cinco De Mayo Parade-San Jose	\$30.00
13	Chardonnay II Sunset Champaign Sailing Cruise Monterey Bay	\$55.00
20	Point Pinos State Park Light House Tour	\$35.00
27	Memorial Day Tour-USS Hornet Museum, Fisherman Wharf, San Francisco	\$45.00
27-29	Los Angeles Connection City Tour, Getty Museum, Medieval Times	\$48.00

JUNE

3	Roaring Camp Western Barbeque Redwoods Train Tour	\$55.00
10	Best of Broadway-HAIRSPRAY	\$65.00
17	San Francisco Get Acquainted	\$30.00
24	Kayaking & Snorkel Tour, Breakwater Beach Monterey	\$40.00

RACE SEASON IS UNDERWAY!!!



ITT will have discounted tickets to the following races: U.S. Sports Car Invitational May 5-7; Red Bull Grand Prix July 21-23; Rolex Monterey Historic Races August 18-20; and Monterey Sports Car Championship October 20-22. Tickets are available 3 weeks prior to each race.

For more information, call 656-3223.

SEA WORLD MILITARY SPECIAL



Sea World is still free for active duty U.S. Military. Just go on line to www.seaworld.com and hit the "Here's to the Heroes" link.

DEEP SEA FISHING & WHALE WATCHING



Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale Watching is \$16.00 for adults and \$13.00 for children 2-11 years. Prices for fishing start at \$52.00 per person. Gear and license are extra.

OAKLAND A'S BASEBALL TICKETS ON SALE!



Oakland A's Baseball Tickets now on sale for \$16.00! Great seats! Section 215 Row 4 for weekend games throughout the season. Special orders for weekday games can be placed in advance. Stop by ITT Office for more information or call 656-3223.

SPORTS

KICKBALL TOURNAMENT

Tuesday, 16 May 2006, 5:00 pm
Sparks Softball Field



Sign ups are taken at the Monterey Bay Athletic Club front desk. Rosters due by 12 May 2006.

For more information, call Sue at 656-2497 or 656-3118.



WEIGHT LIFTING CONTEST

Friday, 12 May 2006
1:30 - 4:00 pm
Sign up by Thursday, 11 May 2006

Power Lift (bench, dead-lift and squat) or Bench Press only. This event is for men and women. Novice lifters are welcome. Specially designed t-shirts for all participants. Awards: First, second and third place medals (ten different weight classes) and Over-all Champion Trophy.

For more information, call 656-1943.

CORE BALL AND PILATES CLASS

Starting May 1, 2006
Mondays and Wednesdays: 4:30-5:30 pm

Cost: \$40.00/month; \$12.00/week; \$6.00/day

New to Monterey Bay Athletic Club, Core Ball and Pilates is coming. The main focus will be on strength, balance and flexibility. Mat core exercises coupled with the dynamic ball strength and core ability sessions will teach participants about breath control, alignment and body awareness. Each session is 60 min and will be limited to 12 participants. Sarah Hoey, an AFAA Group and YMCA Certified Instructor, will take you through an intense core workout that will surely make those abs burn and strengthen your lower back.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI
0630-0730	CIRCLE TRAINING		PT-RUM	;	CARDIO KICK
1000		YOGA		YOGA	
1100	MUSCULAR POWER FLEX		MUSCULAR POWER FLEX		MUSCULAR POWER FLEX
1200	CARDIO KICK	SPIN	CARDIO KICK	SPIN	
1630		MUSCULAR POWER FLEX		MUSCULAR POWER FLEX	
1730	SPIN	STEP	SPIN	STEP	
1830	JUDO	CAPOEIRA	JUDO	CAPOEIRA	



50+ FITNESS WEIGHT CLASS

1-24 May 2006 (8 lessons)
Mondays and Wednesdays
10:00-11:00 am

Cost: \$40.00 for 8 sessions

Strength Training for the 50+ Population starts 1 May. Learn the latest, most effective ways to weight train in a small group setting. Participants will improve endurance, flexibility and muscle strength.

Call Loy at 656-1943 for more information.

EXPERIENCED PERSONAL TRAINERS

The Fitness Center is proud to have two new personal trainers, Trace Riley and Peter Ibbott.

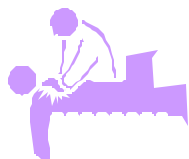
\$20.00 per 1/2 hour and \$40.00 per hour
\$225.00 for six 1-hour sessions

NEW HEALTH & WELLNESS COMPUTERIZED PHYSICAL ASSESSMENT (SMALL OR LARGE)

All tests and prescriptions are administered by a certified Fitness Specialist/Trainer.

Cost:	Small	Large
Military, includes reserves	FREE	\$15.00
Family Members & Retirees	\$5.00	\$20.00
DOD	\$8.00	\$25.00

Contact the Fitness Center at 656-3118 for details.



THERAPEUTIC MASSAGE

Help improve performance, decrease pain and promote relaxation!
(Male or Female therapist now available)

Fees: \$60.00 for 60 minutes massage session.
\$90.00 for 90 minutes massage session.

"Gift Certificates are available"

For appointments, please call 656-3118.



CHILD DEVELOPMENT CENTER

“CDC is the place to be!”
2 La Mesa Way, Building 439

If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing, early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care Monday-Friday 0730-1730. Please contact the center to see if a space is available as we do maintain a wait list.

We also offer a
**Life Skills Readiness Part Day
Preschool Program &
Jellyfish Drop In Program**



TEN WAYS TO BE A GOOD PARENT

1. Be a good role model. Your child learns from the example you set.
2. Show respect for your child's feelings, thoughts, and suggestions.
3. Make your child feel loved with your words of praise, and your hugs and kisses.
4. Keep your word. If you must break it, apologize and make it up to your child.
5. Encourage your child's creativity. Ask questions to simulate curiosity and imagination.
6. Build your child's self-esteem by showing appreciation for all genuine efforts.
7. Stay involved. Know what's going on in your child's life, both at school and with friends.
8. Discipline your child fairly, firmly, and with love. Focus on the behavior, not the child.
9. Establish family traditions and make time to do fun things together.
10. Think positively. By expecting the best, you empower yourself and your child to solve problems and achieve goals.

THE CHILD DEVELOPMENT HOME PROGRAM OFFERS

**Navy Certified Care by Military
Family Members in Their Homes.**



Interested in pursuing a rewarding career and working at home? How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!

All of our programs are open to active duty military, reservists in active duty status, and DOD civilians on a space available basis. Please call 656-2734 for more information.



**BOYS & GIRLS CLUBS
OF AMERICA**

The Tech Connection, Teen and Youth Center is a proud member of the Boys and Girls Club of America. We offer programs through the Boys and Girls Club of America.

JAZZERCISE FOR ADULTS



Classes are held every
Tuesday & Thursday 9:30-10:30 am.

Monday, Wednesday & Friday
4:30-5:30 pm.

Cost \$35.00 per month; \$25.00 bi-weekly;
\$7.00 per class

SUMMER CAMP

8-12 May 2006: Registration for students currently
enrolled in the SAC program.

15-19 May 2006: Registration for other military
and DOD families.

Camp begins 5 June 2006 and ends 4 August 2006.
Hours are 7:30 am - 6:00 pm

Fees based on total family income.

SUMMER OPEN RECREATION

8-12 May 2006: Registration for members
ages 6-18 in high school.

Open 11:00 am - 6:00 pm
We offer appropriate field trips and activities
according to age.

Space is limited!

TENNIS LESSONS



with Jimmie Brooks

La Mesa Tennis Court
Ages 6-15

Tuesdays: 3:45-4:45 pm
Thursdays: 4:00-5:00 pm



Open to military and DOD families.
Minimum 4 students per class.
Maximum 7 students per class.
Cost: \$72.00 per eight lessons

Private lessons are available by appointment.
Cost: \$35.00 per hour

To register, call the Tech Connection at 656-2127.

SOCCER



Registration: 12 June - 4 August 2006 for ages 4-12.

Fees: \$45.00 per child, includes trophy,
jersey and team banquet.

Late registration: \$55.00 per child
Season: 26 August - 21 October 2006.

Volunteer coaches needed!

For more information, call Kaipol at 656-2127.

The Tech Connection/Teen & Youth and the Child Development Programs will be closed on Monday, 29 May 2006 in observance of Memorial Day.



www.navyflyingclubs.com/monterey

The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.

MEMBERSHIP FEES

Monthly dues: \$25.00 Initiation fee: \$50.00

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club. Ground and Flight Instruction: \$25.00/hour.

COST SHARING: Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.

AIRCRAFT RENTAL RATES



Beech (T-34) \$100.00



Cessna 152 (IFR) \$64.00



Cessna 172 (IFR) \$78.00

All rates are on an hourly basis including fuel.

MONTEREY SAILING

Breakwater Cove
32 Cannery Row Suite J.
Monterey, CA 93940
Tel: (831) 372-9463
Fax: (831) 372-9464
www.montereysailing.org

Monterey Sailing provides opportunities for learning to sail in a safe, professional environment and then to continue sailing without the responsibility and expense of owning a boat.

Discounted instruction and charter rates are for Naval Postgraduate School Sailing Association members, only.

AMERICAN SAILING ASSOCIATION CERTIFICATION

Basic Keelboat	\$300.00		
Basic Coastal Cruising	\$350.00	Offshore Cruising	\$600.00
Bare Boat Chartering	\$350.00	Complete (BKB+BCC	
Coastal Navigation	\$600.00	+BBC)	\$900.00

Note: Minimum of three students per class.

BARE BOAT CHARTERS

Capri 14	\$20.00 /hour \$30.00/day
Prindle 16 Catamaran	\$20.00/ hour \$30.00/day
Santana 22, Capri 22, Ranger 23	\$15.00/ hour \$30.00/day
Buccaneer 30 (Hanalei)	\$25.00/hour \$40.00/day
Boston Whaler (13 Ft.)	\$20.00/hour \$70.00/day



MWR ADVISORY BOARD MEETING WEDNESDAY, 3 MAY 2006

The next MWR Advisory Board Meeting is set for Wednesday, 3 May 2006, at 12:00 noon in the La Novia Room, Herrmann Hall, Bldg 220.

All Departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR information and to share your organization's feed back with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-2502.



Golf instruction available from your certified golf instructors.



David Arancio



Boon Chativong

MONTEREY PINES GOLF COURSE 19TH HOLE GRILL



FOOD SERVICE OPERATION

Monday - Thursday: 7:30 am - 3:00 pm

Friday-Sunday: 6:30 am - 3:00 pm

19th Hole Grill offers breakfast and lunch daily.

Wednesday Lunch Special
CHICKEN GUMBO WITH RICE
\$5.75

Come by for a treat from Chef Jim Vose.

For more information, please call 656-2167.

Tournament dates available. Military Tournament \$29.00/ player. Includes green fee, cart and prize fund.

GOLF SHOP SPECIALS



Purchase any two Navy Collection articles of clothing and receive \$15.00 off. Purchase any piece of Navy Collection clothing and pay the twilight green-fee rate.

MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.



*About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

EARLY TWILIGHT SPECIALS

Monday-Thursday 2:00 pm twilight rates:

Military walking \$12.00
Military riding \$20.00 each player
Single rider \$22.00
Civilian walking \$17.00
Civilian riding \$24.00 each player
Single rider \$26.00

Monday-Sunday 4:00 pm super twilight rates:

Military walking \$10.00 Military riding \$17.00
Civilian walking \$12.00 Civilian riding \$20.00

For more details, call 656-2167.

NSD, MONTEREY (Area Code 831)

MWR ADMINISTRATIVE OFFICES - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2502.

EL PRADO DINING ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For information, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays
Hot Breakfast: 6:45 - 9:00 a.m. Weekdays
Lunch: 10:45 a.m. - 1:30 p.m. Weekdays

TRIDENT ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours).

Hours of Operation:

Beverage Service : 4:00 - 10:30 p.m. Monday - Wednesday
3:00 - 10:30 p.m. Thursday & Friday
Dinner Service : 4:00 - 9:00 p.m. Monday through Friday

CLUB DEL MONTE/CATERING SALES OFFICE - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170.

CAFÉ DEL MONTE - Located next to Knox Library. Open Monday-Thursday 6:30 a.m.-4:00 p.m.; Fridays 6:30 a.m. - 2:30 p.m. Closed weekends and all federal holidays. Open for breakfast 6:30-8:30 a.m.; lunch 10:45 a.m.-2:00 p.m.

INFORMATION TICKETS & TOURS - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 1:30 p.m. 2:30 - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Phone: 656-3223.

CHILD DEVELOPMENT CENTER - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

MWR BUSINESS OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8:30 a.m. - 5:00 p.m. Closed weekends and federal holidays. Phone: 656-7954.

TECH CONNECTION - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 1400-1800 while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days 0730-1800. Youth & Teen Open Recreation, 1400-1800 Monday through Friday while school is in session and 1100-1800 during breaks. Closed all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB - (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 a.m. - 4:00 p.m.; Sundays 11:00 a.m. - 4:00 p.m.; closed all federal holidays. Phone 656-3118.

MONTEREY PINES GOLF COURSE - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily at 6:30 a.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB - At the Monterey Airport. Office Hours Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 372-9463.

MWR MARKETING OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 9 a.m. - 5:30 p.m. Closed weekends and federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

NAVY EXCHANGE TELEPHONE NUMBERS - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.

NAVY LODGE - 1100 Farragut Road, Monterey, Ca 93940. Tel: 372-6133.

NPS U.S. POST OFFICE - Open Monday through Friday, 9:30 a.m.-3:30 p.m. Tel: 333-1734.

EAGLE'S EYE GALLERY - Herrmann Hall basement (Bldg 220). Open Monday through Friday 11:00 a.m. - 3:00 p.m. Tel: 372-3565/333-1734.



Peacock Press

Morale, Welfare and Recreation Department
Naval Support Detachment, Monterey
1 University Circle
Monterey, CA 93943-5000

CHECK OUT MWR'S WEBSITE!
www.mwr.nps.navy.mil